

Aquathlon Rzeszów 2026, Grand Prix Polskiego Zwi zku Triathlonu w Aquathlonie
Rzeszów, 22-3-2026

Konkurencja 7
2026-03-22 - 10:27

400m dowolny

18 lat i starsi
Wyniki

Punkty: AQUA 2025

Pozycja			Rok ur.					Czas	Pkt.
18 lat i starsi, Kobiet									
1.	SKWARA Agnieszka		84	Swim Tri Rzeszów				7:37.81	127
	50m: 48.32	48.32	150m: 2:38.19	56.25	250m: 4:35.80	58.86	350m: 6:36.94	1:00.65	
	100m: 1:41.94	53.62	200m: 3:36.94	58.75	300m: 5:36.29	1:00.49	400m: 7:37.81	1:00.87	
2.	FLIS-CZAJKA Justyna		84	Niezrzeszony				8:07.57	105
	50m: 52.84	52.84	150m: 2:56.26	1:03.26	250m: 5:01.84	1:02.41	350m: 7:07.29	1:02.77	
	100m: 1:53.00	1:00.16	200m: 3:59.43	1:03.17	300m: 6:04.52	1:02.68	400m: 8:07.57	1:00.28	
3.	S SIADEK Justyna		94	D bicki Klub Kolarski Gryf				8:48.28	82
	50m: 56.80	56.80	150m: 3:05.03	1:06.79	250m: 5:20.22	1:08.34	350m: 7:38.54	1:09.03	
	100m: 1:58.24	1:01.44	200m: 4:11.88	1:06.85	300m: 6:29.51	1:09.29	400m: 8:48.28	1:09.74	
4.	PISKORSKA Agata		85	Klub Biegacza V-Max Adamów				13:20.45	23
	50m: 1:20.57	1:20.57	150m: 4:35.12	1:41.52	250m: 8:01.75	1:43.30	350m: 11:34.28	1:47.36	
	100m: 2:53.60	1:33.03	200m: 6:18.45	1:43.33	300m: 9:46.92	1:45.17	400m: 13:20.45	1:46.17	
18 lat i starsi, M czyzn									
1.	MAZUREK Marcin		80	UKS Olimpijczyk Lublin				5:06.91	330
	50m: 31.93	31.93	150m: 1:46.96	38.23	250m: 3:05.52	39.46	350m: 4:25.91	40.46	
	100m: 1:08.73	36.80	200m: 2:26.06	39.10	300m: 3:45.45	39.93	400m: 5:06.91	41.00	
2.	KULA Mikołaj		02	Stowarzyszenie Umarłych Atletów				5:09.48	322
	50m: 33.15	33.15	150m: 1:50.05	39.40	250m: 3:09.20	39.85	350m: 4:29.32	40.12	
	100m: 1:10.65	37.50	200m: 2:29.35	39.30	300m: 3:49.20	40.00	400m: 5:09.48	40.16	
3.	GOGACZ Sebastian		76	UKS TRÓJKA Puławy				5:16.69	301
	50m: 36.18	36.18	150m: 1:55.39	39.33	250m: 3:15.04	39.83	350m: 4:36.42	40.71	
	100m: 1:16.06	39.88	200m: 2:35.21	39.82	300m: 3:55.71	40.67	400m: 5:16.69	40.27	
4.	CHYLI SKI Adam		76	UKS Wodnik Siemianowice				5:47.83	227
	50m: 35.06	35.06	150m: 1:55.35	41.25	250m: 3:26.52	46.37	350m: 5:01.20	47.57	
	100m: 1:14.10	39.04	200m: 2:40.15	44.80	300m: 4:13.63	47.11	400m: 5:47.83	46.63	
5.	KO UCHOWSKI Grzegorz		84	Akwedukt Kielce				5:58.67	207
	50m: 38.18	38.18	150m: 2:06.50	45.05	250m: 3:39.01	46.21	350m: 5:13.28	47.39	
	100m: 1:21.45	43.27	200m: 2:52.80	46.30	300m: 4:25.89	46.88	400m: 5:58.67	45.39	
6.	SKOWRO SKI Patryk		96	Swim Tri Rzeszów				6:37.03	152
	50m: 45.78	45.78	150m: 2:25.03	50.08	250m: 4:06.00	50.30	350m: 5:46.60	50.58	
	100m: 1:34.95	49.17	200m: 3:15.70	50.67	300m: 4:56.02	50.02	400m: 6:37.03	50.43	
7.	ŁOI SKI Andrzej		78	Szymanowski Triathlon Team				6:38.90	150
	50m: 46.07	46.07	150m: 2:24.54	50.33	250m: 4:06.97	51.73	350m: 5:48.88	50.83	
	100m: 1:34.21	48.14	200m: 3:15.24	50.70	300m: 4:58.05	51.08	400m: 6:38.90	50.02	
8.	LEWANDOWSKI Piotr		72	Lubelska Grupa Triathlonu				6:43.99	145
	50m: 42.49	42.49	150m: 2:21.77	51.32	250m: 4:06.92	52.53	350m: 5:52.65	52.97	
	100m: 1:30.45	47.96	200m: 3:14.39	52.62	300m: 4:59.68	52.76	400m: 6:43.99	51.34	
9.	ŁUKASZCZYK Piotr		82	Fit Life 24				6:44.50	144
	50m: 43.98	43.98	150m: 2:23.34	50.77	250m: 4:08.05	52.51	350m: 5:54.09	52.97	
	100m: 1:32.57	48.59	200m: 3:15.54	52.20	300m: 5:01.12	53.07	400m: 6:44.50	50.41	
10.	STEFA SKI Michał		76	Niezrzeszony				6:46.30	142
	50m: 42.42	42.42	150m: 2:21.95	51.34	250m: 4:06.87	52.66	350m: 5:53.64	53.43	
	100m: 1:30.61	48.19	200m: 3:14.21	52.26	300m: 5:00.21	53.34	400m: 6:46.30	52.66	
11.	S SIADEK Maciek		89	Niezrzeszony				7:01.84	127
	50m: 40.62	40.62	150m: 2:18.78	51.97	250m: 4:10.80	56.67	350m: 6:04.99	57.22	
	100m: 1:26.81	46.19	200m: 3:14.13	55.35	300m: 5:07.77	56.97	400m: 7:01.84	56.85	
12.	ROGOWSKI Mateusz		82	KS Prestige Rzeszów				7:12.57	118
	50m: 40.15	40.15	150m: 2:22.86	54.64	250m: 4:18.93	58.51	350m: 6:17.02	59.11	
	100m: 1:28.22	48.07	200m: 3:20.42	57.56	300m: 5:17.91	58.98	400m: 7:12.57	55.55	

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Pozycja			Rok ur.						Czas	Pkt.
13.	GAJDA Marcin		78				Swim Tri Rzeszów		7:26.69	107
	50m:	45.93 45.93	150m:	2:31.62 54.87	250m:	4:27.17 57.50	350m:	6:28.34 1:00.62		
	100m:	1:36.75 50.82	200m:	3:29.67 58.05	300m:	5:27.72 1:00.55	400m:	7:26.69 58.35		
14.	LIWI SKI Mateusz		91				Lubelska Grupa Triathlonu		7:34.59	101
	50m:	48.25 48.25	150m:	2:39.74 58.24	250m:	4:38.50 57.87	350m:	6:36.42 58.78		
	100m:	1:41.50 53.25	200m:	3:40.63 1:00.89	300m:	5:37.64 59.14	400m:	7:34.59 58.17		
15.	SYRNIK Mateusz		03				Politechnika Rzeszowska		7:54.27	89
	50m:	43.13 43.13	150m:	2:33.05 58.91	250m:	4:40.69 1:04.56	350m:	6:50.93 1:04.32		
	100m:	1:34.14 51.01	200m:	3:36.13 1:03.08	300m:	5:46.61 1:05.92	400m:	7:54.27 1:03.34		
16.	SITE Grzegorz		66				Swim Tri Rzeszów		7:55.94	88
	50m:	48.45 48.45	150m:	3:05.37 1:12.85	250m:	5:31.43 1:12.64	350m:			
	100m:	1:52.52 1:04.07	200m:	4:18.79 1:13.42	300m:	6:43.97 1:12.54	400m:	7:55.94		
17.	WELC Michał		91				Niezrzeszony		8:00.88	85
	50m:	46.52 46.52	150m:	2:39.58 59.01	250m:	4:42.97 1:02.78	350m:	6:52.58 1:05.19		
	100m:	1:40.57 54.05	200m:	3:40.19 1:00.61	300m:	5:47.39 1:04.42	400m:	8:00.88 1:08.30		
18.	PISKORSKI Andrzej		84				Klub Biegacza V-Max Adamów		14:19.16	15
	50m:	1:11.07 1:11.07	150m:	4:54.49 1:49.38	250m:	8:52.34 2:06.23	350m:	12:27.16 1:34.72		
	100m:	3:05.11 1:54.04	200m:	6:46.11 1:51.62	300m:	10:52.44 2:00.10	400m:	14:19.16 1:52.00		